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# Meal Ideas

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## Black Bean Chili

*Saute onions, bell peppers, and carrots in a large dutch oven pan. Add 2 cans of black beans (drained) plus one can of diced tomatoes with juice. Add 2 cups water and your favorite chili seasonings. Bring to a boil; lower to simmer, and cook for 20 minutes or until all are tender.*

## Baked Chicken Skillet Dinner

*Place chicken breasts and thighs, microwaved potato or sweet potatoes, and lemons in an oven proof skillet. Bake on high for 30 minutes. Serve with steamed broccoli or a salad.*

## Spaghetti and Salad

*Make spaghetti or any pasta with marinara sauce. Serve with a salad. If you want to add protein serve a side of baked Tilapia fish or a side of boiled and seasoned lentils.*

## Vegetarian Tacos

*Prepare rice, beans, corn tortillas, salsa, avocado, sauteed peppers and onions, and any other favorite Latin or Mexican fixings. Serve it all family style and let everyone make their own tacos!*

*Serve fresh fruits for dessert.*

